FROM PATCH TO PLATE



Five Delicious Ways with...



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes - with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every day is so easy. Job done. Tick

This edition features Zucchini - tender, versatile, and subtly sweet with a delicate, fresh flavour.



Zucchini in a Nutshell

How to Enjoy!

- **Cooked:** Sauté, grill, roast, or steam, zucchini cooks quickly and becomes tender while keeping its mild, slightly sweet flavour.
 - Tip: Slice into even rounds or ribbons for quick, even cooking. Avoid overcooking to keep it firm and juicy.
- **Flavour Pairings:** Zucchini pairs beautifully with garlic, lemon, basil, mint, feta, parmesan, olive oil, or toasted nuts.
 - Balance its delicate flavour with zesty, creamy, or herby ingredients.
- **Preserved:** Grate and freeze zucchini for baking, soups, or fritters, or pickle thin slices for a tangy addition to salads and sandwiches.

Nutrition Highlights!

- Vitamin C → supports immunity and collagen formation
- Potassium → helps maintain fluid balance and muscle function
- **Fibre** → supports good digestion and gut health
- Folate → important for cell growth and repair



Zucchini is technically a fruit, not a vegetable! It's part of the squash family and grows from the flowering part of the plant

Growing Conditions

• When to plant (subtropical): August - March

• Time to sprout: 7-10 days

• Plant height: 90cm

• Time to harvest: ~1-2 months

Harvesting tips

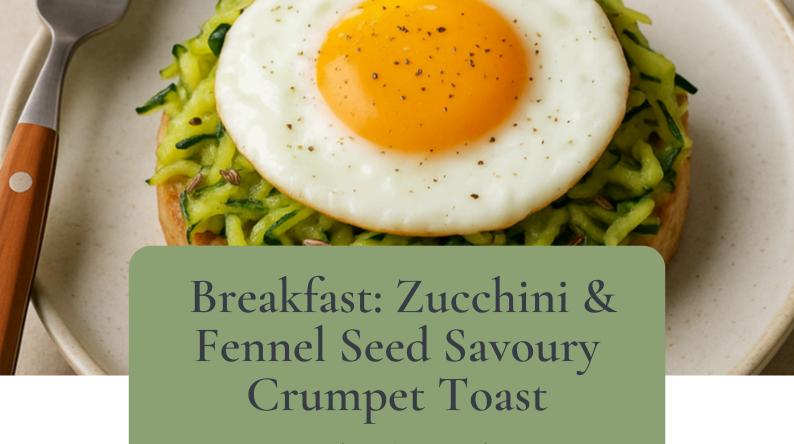
- Pick zucchini when they're firm, glossy, and about 15–20 cm long for the best flavour and texture.
- Use clean scissors or secateurs to cut the fruit from the stem, leaving a short piece attached to avoid damaging the plant.
- Harvest regularly, young zucchini taste sweeter and picking often encourages the plant to keep producing.

How to Store

- Keep unwashed zucchini in a breathable bag or wrapped in a paper towel inside the fridge crisper.
- They'll stay fresh for 5-7 days.
- If they start to soften slightly, use them in cooked dishes like stir-fries or fritters to reduce waste.







Prep: 5 mins | Cook: 5 mins | Serves: 1

Ingredients

- 1 green zucchini, grated and squeezed
- 1/4 tsp fennel seeds
- 1 wholemeal crumpet
- 1 egg
- Salt & pepper
- · Olive oil

- 1. Heat a little oil and toast fennel seeds for 30 sec.
- Add zucchini and sauté for 2 min. Season.
- Toast crumpet, top with zucchini mix and a fried or poached egg.

Lunch: Grated Zucchini Falafel Wrap with Pickled Onion & Beet Hummus

Prep: 10 mins | Cook: 15 mins | Serves: 1

Ingredients

- ½ green zucchini, grated and squeezed
- ¼ cup chickpea flour or blended chickpeas
- ½ tsp cumin
- 1 tbsp chopped parsley
- 1 tsp lemon juice
- Beet hummus or plain hummus
- Pickled onion + greens + wholemeal wrap

- 1. Mix falafel ingredients, form small patties. Pan-fry until golden.
- 2. Spread hummus on wrap, layer patties, onion, and greens. Roll and slice.



Dinner: Roasted Zucchini, Lentil & Tahini Stuffed Tomatoes

Prep: 15 mins | Cook: 25 mins | Serves: 2

Ingredients

- ½ green zucchini, finely chopped
- 1/4 cup cooked lentils
- 1 tbsp tahini

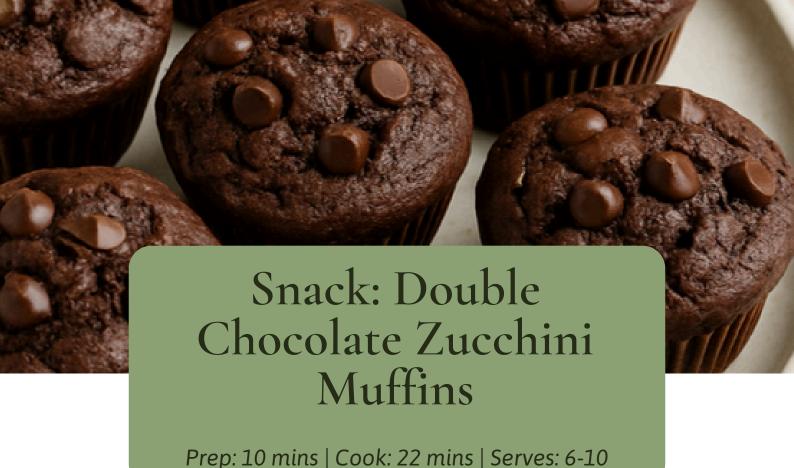
- 2 large tomatoes (tops cut, hollowed)
- · Garlic, lemon zest, parsley

Directions

- 1. Mix zucchini, lentils, tahini, garlic, and lemon zest.
- 2. Stuff into tomatoes and bake at 190°C for 25 min.
- 3. Garnish with herbs.

Green Thumb Farm, Samford Valley QLD 4520.





Ingredients

- 1 cup grated green zucchini (squeezed of excess moisture)
- 1 egg
- ¼ cup olive oil or light-tasting extra virgin
- 1/4 cup brown sugar or coconut sugar
- ¼ cup plain Greek yogurt (or plantbased)
- ½ tsp vanilla extract
- ½ cup wholemeal flour
- 1/4 cup cocoa powder
- ½ tsp baking powder
- ¼ tsp baking soda
- · Pinch of salt
- 2 tbsp dark chocolate chips or chopped chocolate

- 1. Preheat oven to 180°C (160°C fan). Line or grease a muffin tin.
- 2. In one bowl, whisk together egg, oil, sugar, yogurt, and vanilla.
- Stir in grated zucchini.
- 4. In a second bowl, mix flour, cocoa, baking powder, soda, and salt.
- Combine wet and dry ingredients.Fold in chocolate chips.
- Spoon into muffin tins and bake for
 20–22 minutes or until a skewer
 comes out clean.
- 7. Cool before storing.

Lunchbox-Friendly: Zucchini & Ricotta Gnocchi Bake with Hidden Greens

Prep: 10 mins | Cook: 20 mins | Serves: 2

Ingredients

- 1 cup grated green zucchini
- ½ cup ricotta
- 1 egg
- ½ cup cooked gnocchi (storebought or homemade)
- 1 tbsp grated cheese (optional)
- Tomato sauce

- 1. Mix zucchini, ricotta, egg, and gnocchi in a baking dish.
- 2. Pour over tomato sauce and top with cheese.
- 3. Bake at 180°C for 20 min until bubbling.



2204 Mt Samson Rd, Samford Valley, Qld 4520 greenthumbfarm.org.au

Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.

Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.

We are registered not-for-profit with the ACNC and a certified social enterprise,